



**MANAGEMENT OF ANXIETY DISORDERS THROUGH *YOGA W.S.R. TO SHAWASAN*:
AN AYURVEDA REVIEW**

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ABSTRACT

Indian system of medicine Ayurveda elaborated various treatment methodologies for the management of different diseases and Yoga is one of them. Yoga helps to balance Doshas, enhances appetite, nourishes Dhatus and detoxify body therefore helps to manage normal health status. The Vedic system itself presented concept of Yoga that means history of Yoga is old as Ayurveda. Nadis, Chakras and Kundalini Shakti are major considerations related to the Yogic Kriya. This article described Ayurveda perspective of Yoga. Shawasan is one of the important Yoga pose that offers several health benefits and helps in mental disorders. Considering this present article explored role of Shawasan in anxiety disorders.

KEYWORDS: Ayurveda, Yoga, Shawasan, Asana, Anxiety.

INTRODUCTION

Ayurveda not only prescribed uses of drugs for health management but also suggested non- medical approaches for restoring normal health status. *Yoga* is one such scientific approach of classical Indian system which helps to combat against many diseases and also prevent

invasion of disease causative factors. *Yoga* helps in physical as well as mental disorders such as; insomnia, anxiety and depression. *Shawasan* is *Yoga* pose that helps significantly in mental problems like anxiety as depicted in **Figure 1**.

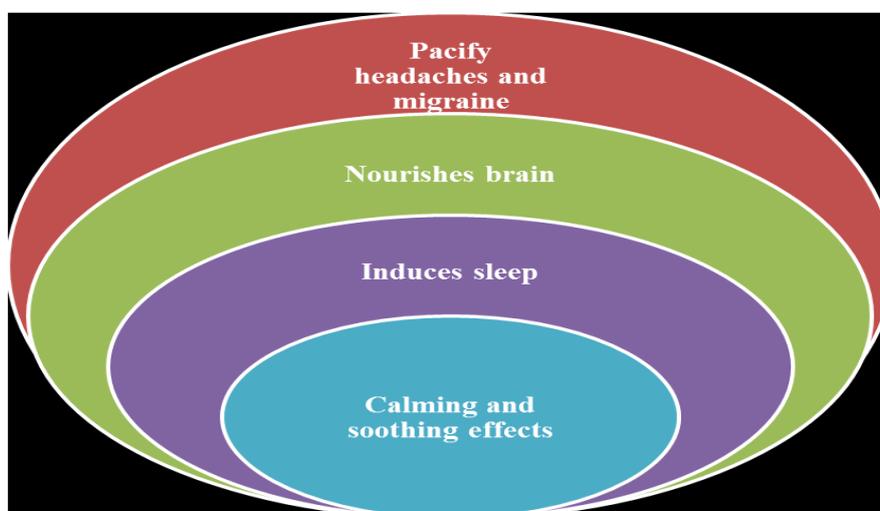


Figure 1: Beneficial effects of *Shawasan* in anxiety.

As per Ayurveda *Dukha*, *Karshyata*, *Balahani* and *Agnyanata*, etc. causes *Mana Vikaras* or anxiety. Improper conduction of daily regimen, *Anidra*, awful dietary habits and psychological disturbances, etc. may also leads anxiety or mental stress. The *Vataja* diseases

sometimes initiate insomnia that further leads anxiety disorders. Aggravation of *Vata* and *Mana santap* initiate consequences of mental disorders therefore it is prerequisite to pacify *Vata* for treating such disorders.

Yoga pacifies *Vata* and calm down mind therefore helps to cure mental disturbances.

Yoga is scientific method acquiring global attention now a day's due to its well proved logical health benefits. *Yoga* involves various techniques such as; *Asana*, *Bhanda*, *Mudra* and *Shatkriyas*. *Yoga* helps to restore normal health and also provide strength to combat against many pathological conditions. *Yoga* establishes balances amongst biological components of body, synchronizes body with mind and soul thus improves

overall health. As like Ayurveda, *Yoga* also gives importance to *Artha*, *Dharma*, *Kama* and *Moksha*.

Yoga reduces physical stress and relaxes mind, rejuvenates body, boost digestion and pacify *Doshas*. *Yoga* cleanses *Nadis* or channel thus removes *Ama* therefore control *Ama* induced mental sickness. The mental illness also arises due to the vitiation of *Doshas* and ayurveda described various *Yoga* poses to pacify specific *Doshas* as mentioned in **Table 1**.

Table 1: *Yoga* for mental illness pacifying specific *Doshas*

S. No.	<i>Yoga</i> Poses	<i>Doshas</i> that Balances	Effect on mental health
1	Bending posture	<i>Pitta dosha</i>	Control hyper excitation and hallucination
2	Twists pose	<i>Kapha dosha</i>	Nourishes mental strength
3	Backward bend posture	<i>Vata dosha</i>	Pacify mental stress and insomnia

SHAWASAN

Yoga as like Ayurveda also follows principles of *Trigunas*, *Panchamahabuthas* and concepts of *Dosha*. *Shawasan* is one of the important *Yoga Asan* that balances *Trigunas*, empowered internal constitution of body (*Panchamahabuthas*) and pacifies *Doshas*. *Shawasan* helps in *Shwasan Marg Shuddi* thus supply pure air to body tissue. It improves functioning of respiratory system thus boost energy level. *Shawasan* helps in digestion and improves metabolic activities.

Shawasan in anxiety

- ❖ Stimulate root *Chakra*, *Muladhara* thus imparts calming and soothing effects therefore calm down mental stress.
- ❖ *Shawasan* calms mental stress and boost nervous system thus reduces anxiety.
- ❖ It relaxes muscles thus induces sleep which is required to pacify anxiety disorders.
- ❖ Control blood pressure and respiratory function thus maintain supply to nervous tissue.
- ❖ Nourishes brain therefore stimulate mental well being and suppress mental depression
- ❖ Detoxify body and clears air pathways thus prevent blockage of nerve supply.
- ❖ Pacify headaches and migraine which can be considered as etiological factors of anxiety.
- ❖ Improves concentration and mental power thus built up mental capacity to fight against emotional shock.
- ❖ Control primary causes of anxiety such as; anger and grief.

Guideline to performing *Shawasan* for reliving mental Stress

- *Shawasan* should be performed at early morning since fresh air available in morning time that helps to purify whole organs including brain.
- During *Shawasan* one should relax for establishing mental calmness.
- One should not consume meal during *Shawasan* to make uninterrupted pathways.

- *Shawasan* need to be performed in peaceful atmosphere with concentration & focus.
- Breathing control is key step need to carry appropriately.

Role of *Shawasan* to balancing *Doshas* and related mental stress

- *Shawasan* imparts calming and relaxing effects thus pacify mental stress related to *Vata* vitiation.
- *Shawasan* maintain thermostat of body, calm down excess heat and imparts cooling effect thus relief mental anxiety related to *Pitta* vitiation.
- *Shawasan* stimulate nerve, muscles and activate vital organs thus provide internal energy and helps to pacify *Kapha* related mental anxiety.

Contraindications

- ❖ *Shawasan* is contradicted in case of complete nasal blockage, septum deviation, polypus and chronic illness, etc.

Precautions

- Excessive movement during *Shawasan* should be avoided.
- It should be performed on hard & flat surface.
- Peaceful surrounding required to performing *Yoga*.
- At initial level it should performed under supervision in proper manner.
- People with back pain should perform with support and not in very intensive manner.
- Body should remain warm before performing *Yoga*.

CONCLUSION

Ayurveda mentioned importance of *Yoga* for maintaining normal health status, *Yoga* also possess capacity to reduce severity of many diseases including mental problems. The impact of *Yoga* in anxiety is well established and *Shawasan* is one such *Asan* that helps to treat mental anxiety and depression. *Shawasan* balances *Doshas*, control movement of *Prana*, relaxes mind, induces natural sleep, calm down body and pacify mental

disturbances thus offers beneficial effects in mental disorders like; anxiety.

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